



Spring Athletics Plan

INTRODUCTIONS

PRINCIPAL LITO M. GARCIA

ATHLETIC DIRECTOR LAURALEA GAONA

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OUTCOMES

- Rationale for high schools to begin athletics under state and local COVID rules.
- Identify Athletic Tiers of Engagement
- Identify Safety Procedures and Mitigation Practices
- Answer Questions



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State of California—Health and Human Services Agency
California Department of Public Health



December 14, 2020

TO: All Californians

SUBJECT: Outdoor and Indoor Youth and Recreational Adult Sports

Updates since December 14, 2020:

- Updated on January 25, 2021 to clarify that the Regional Stay at Home Order ended as a result of improvement of ICU projections throughout California.

Summary

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions and adapt the way they live and function in light of this ongoing risk. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. The guidance applies to all organized youth sports — including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports (hereafter youth and adult sports). This guidance does not apply to collegiate or professional sports.

California Interscholastic Federation



EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- Information is current as of December 22, 2020
- [CDPH Youth Sports Guidelines](#)
- CIF Guidelines will be adjusted weekly
- In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)
- Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician
- Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school

CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

December 22, 2020
County Tier Status

CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

*Please refer to respective CIF Sections for verification of seasons of sport

WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.

Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county's tier status.

Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for the respective sport in order to compete.



Purple Tier- Cross Country, Swimming, Tennis, Golf, Track

Red Tier- Baseball and Softball

Orange Tier- Football, Lacrosse, Soccer, Volleyball, Waterpolo

Yellow Tier- Basketball, Wrestling, Competitive Cheer



2020-21 CROSS COUNTRY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Cross country meets should consider using staggered, wave or interval starts.
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

- Consider widening the course to at least 6-feet at its narrowest point.
- Finish line area should be enlarged to provide for social distancing guidelines

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
Pre and Post Meet conferences,
Clerking at the start line,
Tabulations and posting of results.
- Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championships

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

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Pre-Game Conference

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

Team Dugouts

- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and game personnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Equipment Sanitation

- Each team provides sanitized balls (bucket) while on defense.
- Have a "dirty" ball bucket available, so they can be sanitized after the game.
- Sanitize bases after each game.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present other than when engaged in competition.
- Players shall utilize their own equipment bin for all personal gear in the dugout.
- Minimize the sharing of playing equipment (bats, batting helmets and catchers gear). Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.

Uniforms

Long sleeves are encouraged to reduce skin contact with the ball and bases.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Umpires

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Carry hand sanitizer and use frequently.

Game Personnel Considerations (coaches, players, umpires)

- No sunflower seeds, spitting or gum.
- Carry hand sanitizer and use frequently.
- If a pitcher puts his/her hands to their mouth and touches the ball, "TIME" is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.

Regional Championships

- All games played at host school sites.
- Championships shall be single elimination.
- No pre-game player introduction assemblies on the foul lines.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.

EXPECTATIONS

■ Participation

- Practice is required for students planning to compete.
- Students may only participate in one sport at a time.
- Students who begin competition must complete the “season” before moving to another sport.

■ PODS

- No more than 15 students per Pod
- Pods determined by Head Coaches
- 1 to 2 coaches per Pod

SAFETY PROCEDURES

■ MASKS

- Athletes must wear face coverings at all appropriate times - arriving, waiting, using the restroom, leaving
- Coaches will wear face coverings at all times
- Athletes must wear face coverings during workouts “as tolerated”
- No Face Shields

■ HEALTH SCREENING

- Staff and athletes will be screened prior to conditioning consistent with CDPH guidelines - Wellness and Temperature Check
- Failure to pass the health screening, the student will be sent home immediately with a parent/guardian and athletic director will be informed.



SAFETY PROCEDURES

■ ARRIVAL

- Everyone is required to maintain physical distancing, BEFORE, DURING AND AFTER activities
- Each athlete must arrive at the designated time - Be On Time
- Athletes if you are going to arrive more than 10 minutes after the designated time you will not be allowed participate on that day - Do Not Attend
- Parents/Guardians will remain in the vehicle while dropping off and picking up athletes at the designated location

SAFETY PROCEDURES

■ DEPARTURE

- Athletes must leave immediately after the conditioning, no hanging out
- Pods will use separate entry and exit areas and schedules

■ OTHER

- All activities will be conducted outside
- Physical distancing must be maintained to the greatest extent possible
- Restrooms will be open for emergency use only
- Visitors will not be allowed - CAMPUS WILL BE CLOSED
- When in doubt wear a mask and always stay a minimum of six feet apart

MITIGATION

- Parents/Guardians must not send sick student to practice
- Students and Coaches will be excluded if they have symptoms, if they are sick, or have a COVID positive household member
- One COVID positive case in a Pod will require that entire Pod (Athletes and Coach) to stop participating for 14 calendar days from the date reported
- One COVID positive case in two or more Pods in a given sport will required the entire sport to stop participating for 14 calendar days from the date reported
- Failure to comply with SAFETY PROCEDURES will result in the closure of conditioning practice for a sport and potentially for all sports

SCHEDULE TO BE DETERMINED BY SPORT

PCAL Press Release

January 21, 2001

PRESS RELEASE

The Pacific Coast Athletic League (PCAL) Board of Managers met today and took the following action regarding PCAL sports for the remainder of the 2020-2021 school year: effective immediately, the formal league schedules in all sports are suspended for the remainder of the year. This was done to give all 34 league schools, their districts and governing Boards the maximum flexibility to provide their students with sports experiences when and as the current restrictions change and their local situations allow.

League Commissioner Tim McCarthy stated as follows:

“The driving force behind the Board’s decision was to provide each school the greatest opportunity to practice and compete as each County’s status and State Health rules allow. With PCAL spanning four counties, and with the real possibility that some counties will slip into less restrictive Covid tiers before others, the Board concluded that it was more important that individual schools have the ability to react quickly as conditions allow, rather than be tied to a league schedule that might involve schools from more restrictive counties. While PCAL is a league structured around competitive equity, the mental and physical well-being of student-athletes is the #1 priority in these unprecedented times.”

**COMPETITION IS
CURRENTLY PENDING
BOARD APPROVAL**

**PHYSICAL NEEDED ALL SPORTS BY
MARCH 1. - XCOUNTRY ASAP**

**Drs. On Duty is currently offering sports
physicals.**

**Completed physicals can be turned in at the dropbox next to the
main door at the front office.**

COMMUNICATION

- Coaches will be communicating with athletes using school email, Google Classroom, and/or Remind.
- Coaches' emails can be found on our school website.
- Students are reminded to check their school emails daily for more information.

COMMUNICATION

Season One Coaches

Boys Water Polo boyswaterpolo@pgusd.org

Girls Water Polo genterline@pgusd.org

Cross Country hscrosscountry@pgusd.org

Football jgray@pgusd.org

JV Football jvfootball@pgusd.org

Volleyball hsvolleyball@pgusd.org

JV Volleyball jvvolleyball@pgusd.org

Cheer llyon@pgusd.org

Dance breakerdance@pgusd.org

COMMUNICATION

Season Two Coaches

Boys Tennis boystennis@pgusd.org

Girls Tennis kbuller@pgusd.org

Frosh Boys Basketball froshboysbasketball@pgusd.org

JV Boys Basketball jgasperson@pgusd.org

Varsity Boys Basketball dpowers@pgusd.org

Varsity Baseball vbaseball@pgusd.org

JV Baseball jgray@pgusd.org

Lacrosse vboyslacrosse@pgusd.org

Girls Basketball ... vgirlsbasketball@pgusd.org

Girls Soccer vgirlssoccer@pgusd.org

Boys Soccer nlackey@pgusd.org

Swimming vswimming@pgusd.org

Track vtrack@pgusd.org

Golf jgasperson@pgusd.org

QUESTIONS AND ANSWERS

Athletic Director Lauralea Gaona lgaona@pgusd.org